



# Vigilant

The Journal of the 143rd



143rd Composite Squadron, Waterbury, CT

JAN 2012

## Squadron Schedule

- 04FEB12 Unit Commander's Course**  
Newington, CT  
Uniform: Blues/Polo
- 04FEB12 Basic First Aid Class**  
Westover Air Reserve base  
Uniform: BDU
- 07FEB12 Squadron Meeting**  
ES/Safety/Character Dev.  
Uniform: BDU/Polo
- 14FEB12 Squadron Meeting**  
AE  
Uniform: BDU/Polo
- 21FEB12 Squadron Meeting**  
CPFT/Fitness Activity  
Uniform: PT/BDU/Polo
- 25FEB12 Squadron ES Exercise**  
Windsor Locks. CT  
Uniform: BDU/Polo
- 28FEB12 Squadron Meeting**  
Leadership  
Uniform: Blues/Corporate
- 03MAR12 CTWG Cadet Competition**  
New Fairfield, CT  
Uniform: Blues/Polo
- 06MAR12 Squadron Meeting**  
ES/Safety/Character Dev.  
Uniform: BDU/Polo
- 10MAR12 Squadron Leadership School**  
CTWG HQ  
Uniform: Blues/Polo
- 13MAR12 Squadron Meeting**  
AE  
Uniform: BDU/Polo
- 16MAR12 Cadet Great Start Weekend**  
Camp Niantic  
Uniform: BDU/Polo
- 20MAR12 Squadron Meeting**  
CPFT/Fitness Activity  
Uniform: PT/BDU/Polo
- 27MAR12 Squadron Meeting**  
Leadership  
Uniform: Blues/Corporate

## Safety First

### Annual Safety Day at The 143rd

The Air Force Safety Strategic Plan includes this introduction:

*"Safety is an enabling capability and a force multiplier when employed effectively. The entire focus of Air Force Safety's strategic planning is on harnessing resources and expertise to empower commanders and Airmen wherever they are engaged with the right capabilities and tools to effectively risk manage operations. The planned effect of properly employed safety capabilities, tools and expertise is an enduring Wingman culture of mission accomplishment while preventing mishaps and preserving valuable resources."*

*Every Airman benefits from effectively employed safety capabilities. Every Airman is a stakeholder in achieving the mission by accepting the right amount of risk. Each and every Airman is a precious and valuable resource that demands the very best safety education, training and support we can provide. These synergistic principles will be the focus of our guidance, planning, allocation of resources and application of all the safety expertise we can bring to bear."*

These same ideas are the key component of the CAP Safety Program (CAPR 62-1) which states "The primary goal of the CAP Safety Program is to protect both the

membership and its assets in the performance of their volunteer duties. To do this, CAP leadership and its safety program managers shall use both education and training to promote the culture of safety within the Civil Air Patrol."



Cadets participate in a safety discussion.

This year's Annual Safety Day at the 143rd was held on 31JAN12. Squadron Safety Officers Maj Tom Litwinczyk and Maj Joe Palys created a special squadron meeting schedule that focused solely on Safety. Discussion topics included Operational Risk Management, Safety Mishap Reporting, Safety Suggestion Submission, CAP Safety Education, Activity Safety Planning and a review of the squadron's Accident Prevention Plan.



Maj Tom Litwinczyk helps a group complete an ORM worksheet.

## The 143rd Composite Squadron

**Squadron Commander:** Maj Timothy McCandless  
**Deputy Commander for Seniors:** Lt Col Richard Levitt  
**Deputy Commander for Cadets:** Maj Joseph Palys  
**Cadet Commander:** C/Capt Eric Testman  
**Cadet First Sergeant:** C/CMSgt Cameron Foster

**Regular Meetings every Tuesday 7-9pm**  
**Connecticut National Guard Armory**  
**64 Field Street, Waterbury, Connecticut**

[www.gocivilairpatrol.com](http://www.gocivilairpatrol.com)

# Operation: January Heat

The 143rd Starts 2012 with an  
Emergency Services Exercise



*Maj Tom Litwinczyk, Capt Glen Dains and Capt Barbie Kelleher (l to r) manage the two ground teams from mission base.*

Following up on the successful ES Training Exercise in December, the 143rd planned and conducted another exercise on 14JAN12. This exercise included members of Silver City

Composite Squadron (Meriden, CT) and The 103rd Composite Squadron (Windsor Locks, CT).



*Capt David Stansfield (right) reviews land navigation techniques with his ground team.*

Mission Base was located at the Silver City Squadron headquarters at the Meriden-Markham Airport (MMK).

Training focused on Ground Team and Mission Base tasks. Two ground teams were deployed to Hurd State Park in East Haddam, CT to conduct a search for a missing hiker. Mission Base staff were

also informed an aircraft was reported missing. A CAP aircraft was "launched" on a laptop computer simulator to conduct a search while simulated ramp checks were conducted.

This exercise tested and expanded on tabletop methods used in previous exercises. Plans for the next exercise include expanding on the use of flight simulators and more fully staffing the mission base per the staffing charts included in the Incident Command System.



*Lt Col Tony Vallillo, left, explains how to conduct an Aircraft Safety Inspection to cadets.*

## Annual Senior Member Staff Meeting

Each year the senior members of the 143rd meet at a secure, undisclosed location to create goals for the squadron for the coming year. While the senior members have monthly staff meetings, it has become a squadron tradition that the first meeting of the year be a special occasion.



*Maj McCandless reviewing his goals for 2012. Pictured from left to right: Linda Keaney, Maj Tim McCandless, Robin McCandless, Lt Col Rich Levitt, 1st Lt Dawn Levitt and Capt Joe Testman.*

Cadets have heard rumors of these secret proceedings, but for the first time the squadron newsletter is offering a peek into this month's senior staff meeting. This year's meeting was held at the Waverly Inn in Cheshire, CT.

Maj McCandless opened the meeting with a review of 2011 and his goals for 2012. He also reviewed the senior staff assignments.



*Before the meeting senior members and their guests took time to talk about their favorite hobby; CAP.*

Maj Palys reviewed the Subordinate Unit Inspection (SUI) guide and outlined the work that



*Capt Rich Hinkson at the buffet table.*

needs to be done to prepare for the squadron's inspection in October. He also reviewed the senior member Professional Development Program and gave each member the Specialty Track worksheet for their next rating.

Lt Col Levitt gave the seniors present a review of the role of the senior member in the main missions of CAP; Aerospace Education, Cadet Programs and Emergency Services.



*An in-depth discussion about CAP Air Operations at one end of the table. Pictured left to right: Pat Litwinczyk, Maj Tom Litwinczyk, Capt Rich Hinkson and Lt Col Tony Vallillo.*

Lt Col Tony Vallillo, CTWG Chief of Staff and former 143rd Squadron member, congratulated the seniors on the success of the unit. He reviewed the wing's goals for 2012 and how the 143rd is an important part of those goals.

## ICS300 Class



*Pictured left to right CAP National Emergency Services Officer Lt Col James "Pete" Norris, CTWG Professional Development Officer Capt Glen Dains, 399th Composite Squadron (Danbury, CT) Commander James Vigar and Maj Joe Palys.*

Six Connecticut Wing members, including the 143rd's Maj Joe Palys, attended an ICS300 class sponsored by Massachusetts Wing and held at Westover Air Reserve Base in Springfield, MA. The ICS300 class expands on the online ICS100 and ICS200 classes by including tabletop scenarios in which students apply the Incident Command System.

The ICS300 is the first of two in-person classes required to become qualified in leadership level Emergency Services positions in CAP. The second in-person class, ICS400, requires students to solve disaster command structure and resource management problems of greater complexity.

The instructors for this class were CAP National Emergency Services Officer James "Pete" Norris, National Emergency Services Academy (NESA) Incident Command Staff School Chief of Staff Capt Janice Hulsey and NESA Incident Command Staff School Instructor (and commander of CTWG's Northwest Hills Composite Squadron) Lt Col Paul Rowen.

## Cadet Promotions

The mission of the Civil Air Patrol Cadet Program is to provide the youth of our nation with a quality program that enhances their leadership skills through an interest in aviation, and simultaneously provide service to the United States Air Force and the local community.



*Cadet Cameron Foster is promoted to C/CMSgt by Maj McCandless and his mother, SM Kelly Foster.*

Through study and performance, cadets work through a series of achievements and milestone awards. As cadets progress, they advance in grade, increase the scope of their leadership responsibilities, earn awards, and become eligible for nationally-sponsored special activities and scholarships. The CAP Cadet Program has four elements: Leadership, Aerospace Education, Physical Fitness and Character Development. The goal of the Cadet Program's leadership element is to develop in cadets the ability to think independently and lead others in an atmosphere of teamwork and mutual respect. Senior members, acting as mentors and instructors, help the cadets develop their leadership potential. Cadets must pass multiple-choice



*Cadet Lynnise Stephen is promoted to C/SMSgt by Maj McCandless and Lt Col Levitt. Cadet Stephen earned her promotion in December.*

tests of their leadership knowledge to complete most achievements and earn milestone awards. Some tests require cadets to perform drill and ceremonies. Achievement 8 includes a speech and essay assignment. Cadets' achievements in the Staff Duty Analysis program are measured through reports and staff service.

The goals of the Cadet Program's aerospace education element are to inspire in youth a love of aviation, space, and technology; provide them with a foundation in aerospace's scientific principles; and introduce them to aerospace



*Cadet Sarak Eriksson is promoted to C/SrA by Maj McCandless and Lt Col Levitt. Cadet Eriksson earned her promotion in December.*



*Cadet Aidan Moran is promoted to C/A1C by Maj McCandless and Lt Col Levitt. Cadet Moran earned his promotion in December.*

career opportunities. CAP introduces cadets to aviation, space and technology through self-study and group-study methods. Cadets use the Aerospace Dimensions modules during Phases I and II of the Cadet Program and the Aerospace: The Journey of Flight text during Phases III and IV.

The goal of the Cadet Program's physical fitness element is to develop in cadets a habit of regular exercise. Physical exercise in the Cadet Program will be used to improve cadets' physical fitness while increasing confidence, teamwork and determination.

The goal of the Cadet Program's character development element is to develop in cadets a commitment to live CAP's Core Values, and the ability to think critically about moral and ethical issues. Cadets participate actively in character development forums where they discuss moral and ethical issues through the use of case studies. The senior member conducting the forum does not formally evaluate or test the cadets, but facilitates the forums to ensure all cadets participate in the discussion.



*Cadet Devin Moore is promoted to C/TSgt by his parents.*



*Cadet Christian Tynan is promoted to C/A1C by Maj McCandless and C/Capt Testman.*



*Cadet Carlos Aponte is promoted to C/SrA by Maj McCandless and C/Capt Testman.*

## January Promotions

The following members of the 143rd Composite Squadron were promoted in January:



**Edward Conway** has been promoted to Major. This promotion requires completion of Level III of the Senior Member program and three years time in grade as a Captain.



**Margaret Palys** has completed the Operations Officer Achievement and has been promoted to C/Maj.



**Cameron Foster** has completed the Dr Robert H Goddard Achievement and has been promoted to C/CMSgt.



**Alec Beliveau** has completed the Charles Lindbergh Achievement and has been promoted to C/MSgt.



**Devon Moore** has completed the Capt Eddie Rickenbacker Achievement and has been promoted to C/TSgt.



**Matthew McCarthy-Calabrese** has completed the Wright Brothers Achievement and has been promoted to C/SSgt.



**Carlos Aponte** has completed the Mary Feik Achievement and has been promoted to C/SrA.



**Christian Tynan** has completed the Gen Hap Arnold Achievement and has been promoted to C/A1C.



*Cadet Matthew McCarthy-Calabrese is promoted to C/SSgt by Maj McCandless and C/Capt Testman.*



## 2012 Cadet Encampments

Encampments are one of the most popular and worthwhile activities available to cadets. They challenge cadets to develop self-discipline and teamwork while broadening their understanding of aerospace. Most encampments are conducted on a military installation. Encampments are conducted under CAP supervision with Air Force advice, assistance and cooperation. They may be conducted at active duty, National Guard, or Reserve bases. They may also be conducted at any community, state, or other national facility (including DoD installations).

Col Huchko, the CTWG Commander, announced last month that Connecticut will not sponsor an encampment this year. Cadets who wish to attend an encampment in 2012 may apply to incampments in other wings. The application process may be different for each wing, but in every case a CAP Form 31 is required. Since cadets require the Wing Commander's approval to attend any CAP activity outside of Connecticut cadets should submit their application paperwork to the squadron commander well in advance of the encampment.

The following is a list of nearby cadet encampments that CTWG cadets are welcome to apply to:

### April 15-21 - Rhode Island Wing

Camp Varnum, Narragansett, RI Cost: \$100  
<http://riwingcap.com/encampment.html>

### June 23-30 - Pennsylvania Wing

Fort Indiantown Gap, Annville, PA Cost: \$200  
[www.pawgcls.org/joomla/](http://www.pawgcls.org/joomla/)

### July 2-9 - New Jersey Wing

McGuire AFB, New Hanover, NJ Cost: \$170  
<http://encampment.njwg.cap.gov/>

### July 21-28 - New York Wing

Stratton Air National Guard Base, Scotia, NY  
Cost: \$200 for Cadets, \$90 for Seniors  
<http://encampment.nywgcadets.org>

### July 22-29 - Massachusetts Wing

Fort Devens, Ayers, MA Cost: \$200  
[mawgcadets.org/encampment.html](http://mawgcadets.org/encampment.html)

### July 20-29 - Vermont/New Hampshire Wing

Norwich University, Northfield, VT Cost: \$250

### August - Maine Wing

More information to be announced.

## Cadet to Speak at CAP National Conference

The CAP Drug Demand Reduction Program has created the *Cadets Lead the Way to Your Future Speech Competition*. This is a national competition open to all cadets. The winning cadet will receive a complimentary registration to the CAP National Conference in Baltimore and will speak at the event.

The rules are as follows:

- The speech or skit must be related to CAP's DDR drug-free message.
- Cadets may receive help preparing their speech.
- Speeches MUST be between three and five minutes in length.
- Cadets must submit a DVD of the speech with a written transcript to their squadron commander or DDRO for consideration.
- Commanders must submit entries to CAP National HQ so that they are received no later than 15JUN12.

Additional details, judging criteria, and helpful suggestions are available in the *Cadets Lead the Way to Your Future Speech Competition* booklet which is available for download in the DDR Resources section of the CAP National Website.

Cadets who wish to participate should contact Maj Palys, the 143rd's DDRO.

## The Cadet Oath

The Cadet Oath symbolizes how serious cadets are about becoming leaders. Cadets are expected to be able to recite the Cadet Oath from memory. More importantly, cadets need strength of character to live up to its noble tenets.

**"I pledge that I will  
serve faithfully  
in the Civil Air Patrol  
Cadet Program,  
and that I will attend  
meetings regularly,  
participate actively in  
unit activities,  
obey my officers,  
wear my uniform properly,  
and advance my education  
and training rapidly  
to prepare myself to be  
of service to my community,  
state, and nation."**

## Staff Duty Analysis

### Practical Leadership for Cadet Officers

The purpose of the cadet staff duty analysis program (SDA) is to improve cadets' critical thinking and communication skills through the practical application of leadership.

The objectives for SDAs include:

- 1) Improve critical thinking skills by identifying problems and imagining solutions that make use of basic technical knowledge of a given specialty.
- 2) Improve communication skills through active listening on the job and by describing in oral and written briefings staff position duties and procedures.
- 3) Comprehend leadership and teamwork by explaining how squadron staff functions interrelate and add value to the team and by describing the qualities leaders need to succeed in those specialties.

The SDA program accomplishes these objectives by connecting cadet officers with senior member staff officers, having the cadets serve as apprentices. By studying the position requirements and actually performing some staff functions, cadet officers see how leadership manifests itself in real-world experiences, thereby promoting a deeper appreciation for how CAP fulfills its mission as the Air Force Auxiliary.



The 143rd's Cadet Commander, C/Capt Testman (left) conducts a staff meeting with (l to r) C/Maj Johnson, C/Maj McCandless and the squadron First Sergeant, C/CMSgt Foster.

The SDA program consists of two facets: the SDA report and staff service. Through the SDA report, cadet officers analyze and summarize in writing what is required to serve successfully in the respective staff position. Through staff service, cadet officers experience the position first-hand, working alongside the respective senior member staff officer, a mentor who provides on-the-job training and guidance.

**The SDA Report.** During each achievement in Phase III and IV, cadet officers will complete a SDA report for the staff position associated with the achievement.

**Staff Service.** Additionally, once during Phase III and once during Phase IV, the cadet will participate in staff service, acting as an apprentice to a senior member staff officer for 4-6 weeks.

# Specialty Tracks

## Jobs for Senior Members

### Administration Officer

Maintains master publications library. Prepares correspondence, reports, schedules, inventories and requisitions. Operates centralized correspondence and message distribution center. Reviews locally- developed publications to ensure they are administratively correct prior to publication. Provides management assistance when required.

### Aerospace Education Officer

Implements aerospace education activities and duties involving cadets, seniors, aerospace education members, communities and schools. Develops materials and activities and promotes aerospace education programs for the local community. Assists the commander in making aerospace education related policy decisions.

### Cadet Programs Officer

Conducts cadet training in aerospace education, leadership, physical fitness, moral leadership and other activities. As special assistant to the commander, implements and monitors programs in cadet personnel and administration, cadet activities, aerospace education or leadership laboratory.



2nd Lt Paul Beliveau, Squadron Testing Officer, controls and administers both cadet and senior written tests.

### Chaplain

Provides worship, liturgies, rites and religious observations. Conducts pastoral counseling, spiritual nurture and ethics and values instruction. Provides group pastoral care and spiritual renewal. Gives advice on religious, ethical and quality of life concerns and maintains ecclesiastical and clergy relations.

### Communications Officer

Maintains and operates radio equipment. Familiarizes communications trainees with the basic concept of CAP communications operations. Operates CAP radio stations. Develops and implements communications plans, programs and directives. Plans and conducts communications conferences, meetings and workshops.



Capt Joe Testman, Squadron Communications Officer, regularly checks all squadron communications equipment.

### Drug Demand Reduction Officer

Coordinates CAP's role in support of the President's National Drug Control Strategy under the guidance available through CAP's national headquarters. Implements and administers the DDR program at the unit level. Promotes drug awareness to CAP members through lesson plans, events, activities, educational materials, bulletins, newsletters and the web. Gives drug awareness presentations to outside organizations. Manages reporting requirements.

### Emergency Services Officer

Assists the commander by managing and directing emergency service activities. Establishes working relationships with local agencies responsible for search and rescue, disaster relief and other local emergencies. Develops emergency service plans, training programs and standard operating procedures, and maintains a rapid alerting system to assemble emergency service resources as needed.



Lt Col Levitt, Squadron Emergency Services Officer, plans and schedules ES training for the squadron.

### Finance Officer

Assists the commander and finance committee in proper management of unit funds. Ensures approved bills and deposit details are forwarded to wing, finance committee meeting minutes are recorded and fundraising activities are conducted appropriately.

### Flight Operations Officer

Is responsible for the management and control of unit aircrews, aircraft and flight operations. Understands CAP flight management policies and procedures and the administrative procedures governing flight operations. Assists in the

preparation of plans, programs and directives to govern the unit.

### Historian

Is responsible for unit historical program. Collects and preserves historically significant material. Publishes general and special histories, monographs and studies. Publishes material to inform the general public about CAP history. Attends meeting of historical and other learned societies.

### Information Technology Officer

Manages and directs all information technology related activities. Serves as the unit Web Security Administrator (WSA) responsible for assigning and editing permissions for assigned members. Oversees the development and maintenance of the unit's website. Provides help desk support functions for the unit to include network administration, and hardware and software installations. Develops and implements training programs for unit members to ensure efficient use of all IT assets.

### Inspection Officer

Performs inspections when required. Prepares inspection checklists for all areas of inspection and prepares written reports of inspection as required. Reviews publications, plans, policies and statistics to determine areas of special interest. Briefs commander and staff on inspections and recommendations.

### Logistics Officer

The logistics officer is responsible for receipt, storage, distribution, recovery and proper disposal of all CAP property held by the unit. Recommends allocation of motor vehicle records. Responsible for vehicle maintenance, marking and painting. Ensures aircraft are painted and identified in accordance with current directives and makes sure aircraft are maintained in an airworthy condition in accordance with FAA requirements.

### Character Development Officer

Conducts character development forums and may assist a chaplain at their request.



Since the squadron does not have a designated Chaplain or Character Development Officer, Maj McCandless, the Squadron Commander, conducts Character Development forums for cadets.

## Operations Officer

Develops the operations policies and procedures to ensure mission accomplishment and provides guidance to unit personnel. These activities include developing standing operating procedures, evaluation methods and accident prevention programs, and reporting procedures. Requests transportation and mission authorizations.

## Personnel Officer

Performs duties related to processing unit personnel actions such as membership applications, promotions and charter changes. Establishes and maintains up-to-date personnel files and ensures all regulations, policy letters and forms required to administer the unit's personnel program are available and up-to-date. Develops local unit personnel policies and procedures, provides assistance and guidance to the unit commander and other staff members on all personnel matters, and monitors the overall personnel program within his or her jurisdiction.



SM Kelly Foster, Squadron Admin Officer, manages all squadron paperwork to insure compliance with CAP regulations.

## Professional Development Officer

Plans, coordinates and schedules professional development training activities. Maintains unit training records and training library, and operates audio-visual equipment. Prepares documentation in support of professional development awards for the commander's review. Coordinates member training accomplishments with other staff members. Instructs at training courses. Advises the commander on training required to meet unit staffing needs.

## Public Affairs Officer

Assists the commander on all media relations and internal information matters. Plans, develops and implements a public affairs program based on media relations, community relations, and internal information activities. Acts as liaison with other organizations and agencies as required in the performance of these activities.



2nd Lt James Keaney, Squadron Public Affairs Officer, reviewing a recently published story on CAP with CTWG Commander, Col Cassandra Huchko.

## Safety Officer

Manages the safety program. Develops safety plans, programs, and directives. Coordinates with other staff agencies to develop accident prevention procedures and collects data to determine safety program effectiveness.



Maj Tom Litwinczyk, Squadron Safety Officer, conducts a Safety Briefing during the Safety Day at CTWG Headquarters. Lt Col Tony Vallillo, CTWG Chief of Staff and CTWG Safety Officer, takes notes.

## January Awards

The following members of the 143rd Composite Squadron were earned awards in January:



**Karen Litwinczyk** has been awarded the Red Service Ribbon for two years of service to CAP.

## Senior Member Professional Development Awards

The following members of the 143rd Composite Squadron were awarded Senior Member Professional Development Achievements in January:



**Timothy McCandless** has earned a Senior Rating in the Administration Specialty Track.



**Thomas Litwinczyk** has earned a Technician Rating in the Safety Specialty Track.

## Air Force Chief of Staff Releases 2012 Reading List

1/10/2012 - WASHINGTON (AFNS) -- The Air Force chief of staff announced his latest professional reading list Jan. 6. In a letter to all Air Force personnel, Gen. Norton Schwartz said today's Airmen are among the military's best educated and most inquisitive. "We Airmen are innovators because we embrace the word 'why' and mine it for better, smarter ways to operate," Schwartz said.

The Air Force's history is full of examples of Airmen who have embodied this attitude, facing daunting challenges with little more than their minds and fortitude, the general said. "Their experiences are one of the cornerstones of the 2012 Reading List," Schwartz said.

This year's list contains 13 books and, for the first time, supplementary films, treatises and Internet-based resources. Schwartz will highlight these books throughout the year, and for the first quarter recommends these three:

*"Airpower for Strategic Effect"* by Colin Gray, provides a critical, strategic history of airpower as well as a new general theory.

*"Unbroken: A World War II Story of Survival, Resilience, and Redemption"* by Laura Hillenbrand, is the inspiring true story of a man who lived through a series of almost too incredible catastrophes.

Finally, *"Start with Why"* by Simon Sinek, looks at the leaders who have had the greatest influence in the world and describes how they all think, act and communicate in the exact same way, something the author calls "The Golden Circle."

The other books in this year's reading list are:

*"The Forever War"* by Dexter Filkins

*"Paradise Beneath Her Feet"* by Isobel Coleman

*"The Words We Live By: Your Annotated Guide to the Constitution"* by Linda Monk

*"The Party: The Secret World of China's Communist Rulers"* by Richard McGregor

*"Adapt: Why Success Always Starts with Failure"* by Tim Harford

*"Catch-22"* by Joseph Heller

*"Freedom Flyers: The Tuskegee Airmen of World War II"* by J. Todd Moya

*"Physics of the Future"* by Michio Kaku

*"A Country of Vast Designs: James K. Polk, the Mexican War, and the Conquest of the American Continent"* by Robert Merry

*"The Hunters"* by James Salter

More information on the 2012 reading list can be found at <http://www.af.mil/information/csafreading/index.asp>

-Story taken from [www.af.mil/news](http://www.af.mil/news)



## Celebrating 100 Years of Marine Aviation

Marine aviation officially began on May 22, 1912, when First Lieutenant Alfred A. Cunningham reported to Naval Aviation Camp in Annapolis, Maryland, "for duty in connection with aviation." He soloed after only two hours and 40 minutes of instruction (in a Wright Bros. Model B-1), and became Naval Aviator No. 5.



October 2-3, 1918 - Captain Robert S. Lytle in France during World War I.

Two factors have continuously set Marine Aviation apart in the history of military flight. The first is the close relationship between Marine and Naval Aviation, and the second is the unchanging objective of Marine Aviation to provide direct support to Marine ground forces in combat.

During the twenties and thirties, Marine Aviation units supported brigades in Haiti, the Dominican Republic, China and Nicaragua. The guerrilla-type warfare of the 1927 Nicaraguan deployment gave Marine aviation its first opportunity to provide a form of close air support to Marines in combat.

The sudden immersion of the United States in World War II found the Marines on the front lines, defending Wake Island against a better-equipped, more experienced Japanese force. Marine aviators led the attack in the famous Battle of Midway, an American victory despite high losses to pilots and aircraft. Marines ended World War II with 125 aces and eight Medals of Honor. The Marines' F4-U Corsair became famous as a symbol of Marine Corps ground support and air superiority in the Pacific.

The Marines continued their close relationship between air and ground forces in Korea, deploying jet

aircraft and helicopters for the first time while still making excellent use of the legendary Corsair.



August 24, 1942 - Major Marion E. Carl astride a Marine F4U Corsair.

The 1960s found Marines fighting in the swamps and jungles of Vietnam while at the same time pioneering America's entry into space. The first U.S. combat troops in Vietnam were Marines who landed at Da Nang in 1965, supported by F-4B Phantom IIs and A-4D Skyhawks. From Hue to Chu Lai to Khe Sanh, Marines on the ground depended on their "Flying Leathernecks." In 1962, Marine Col. John Glenn became the first American astronaut to orbit the earth, a voyage that lasted less than five hours, but would be remembered by Americans forever.

In 1998, Glenn returned to space as the oldest American to do so, with 144 orbits over nine days. Major General Charles Bolden entered the Marine Corps during the Vietnam War and built on the legacy of those who preceded him when in 1980 he became the first African American Marine selected by NASA to become an astronaut. Over the next 14 years, he flew four shuttle missions, including commanding both Atlantis and Discovery. On May 23, 2009, President Barack Obama announced the nomination of Bolden as NASA Administrator.



February 20, 1962 - Lieutenant Colonel John H. Glen, Jr. outside the Friendship 7 spacecraft shortly before his historic flight.

Today, Marine aviation is task organized to support the Marine Air-Ground Task Force (MAGTF), as the aviation combat element, by providing six functions: assault support, anti-aircraft warfare, offensive air support, electronic warfare, control of aircraft and missiles, and aerial reconnaissance. Marine AV-8B and helicopter air combat elements of the Marine Expeditionary Units (MEU) are deployed year-round on amphibious carriers all over the globe. Their locations, along with those of the big deck carriers, are the subject of the first question asked by the President of the United States when hot spots develop around the world.

-Photos and story taken from marines.mil

## Martin MB-1 Bomber



Martin MB-1 (S/N AS 62950; P 106). (U.S. Air Force photo)

The Martin MB-1, or Glenn Martin Bomber (GMB), was the first U.S.-designed bomber procured by the U.S. Army in quantity in the World War I era. The U.S. Army had previously purchased the English Handley-Page O/400 and Italian Caproni designs for construction by U.S. builders with Liberty 12-A engines in place of the original engines. The Martin GMB was first flown on Aug. 15, 1918, and nine of the 10 aircraft ordered were completed before the end of WWI.



A 3-man chain prepares to start an engine on a Martin MB-1. (U.S. Air Force photo)

The MB-1's primary mission was as a reconnaissance scout plane for supporting ground forces with a secondary mission as a bomber. When WWI ended, U.S. bomber production was halted and no bombers were built until the MB-2 was purchased in 1920.

Some GMBs were modified in the post-war period for test purposes. One aircraft (AS 62951) was modified with the addition of a 37mm cannon in the nose position replacing the standard .30-cal. machine gun. This aircraft was renamed the Glenn Martin Cannon (GMC). Another notable modification was the addition of a third engine in the nose position (AS 39059).

-Taken from nationalmuseum.af.mil



April 21, 1995 - Sarah Deal becomes the first Marine female aviator. She is pictured here at the controls of a CH-53.

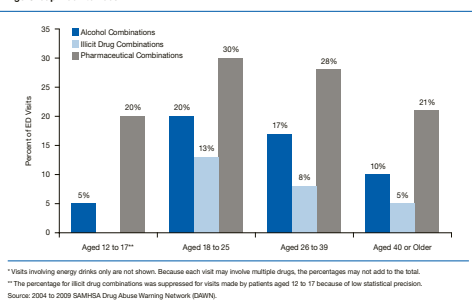


## Energy Drinks

### Emergency Department Visits Involving Energy Drinks

Energy drinks are flavored beverages containing high amounts of caffeine and typically other additives, such as vitamins, taurine, herbal supplements, creatine, sugars, and guarana, a plant product containing concentrated caffeine. These drinks are sold in cans and bottles and are readily available in grocery stores, vending machines, convenience stores, and bars and other venues where alcohol is sold. These beverages provide high doses of caffeine that act as a stimulant upon the central nervous system and cardiovascular system. The total amount of caffeine in a can or bottle of an energy drink varies from about 80 to more than 500 milligrams (mg) of caffeine, compared with about 100 mg in a 5-ounce cup of coffee or 50mg in a 12-ounce cola.<sup>1</sup> Research suggests that certain additives may compound the stimulant effects of caffeine. Some types of energy drinks may also contain alcohol, producing a hazardous combination; however, this report focuses only on the dangerous effects of energy drinks that do not have alcohol.

Figure 2. Percentage of Emergency Department (ED) Visits Involving Energy Drink Combinations,\* by Age Group: 2004 to 2009



Although consumed by a range of age groups, energy drinks are marketed to appeal to youth and are consumed by 30 to 50 percent of children, adolescents, and young adults. Of the several hundred brands of energy drinks on the market, the most popular brands of energy drinks that account for the majority of the market share are Red Bull, Monster, Rockstar, Full Throttle, and Amp. Marketing for energy drinks often targets young people, suggesting benefits such as increased energy and stamina, weight loss, and enhanced physical and/or

mental performance. Emphasizing thrill seeking with names such as “Cocaine” and “Venom,” energy drink companies use innovative media to reach their audiences, such as advertisements in video games and at sports events, and solicit market research feedback from consumers via social media to help identify new packaging designs.



The popularity of these drinks has increased markedly in recent years, with energy drink sales increasing 240 percent from 2004 to 2009. Consumption of energy drinks is a rising public health problem because medical and behavioral consequences can result

from excessive caffeine intake. A growing body of scientific evidence documents harmful effects, particularly for children, adolescents, and young adults.

Between 2005 and 2009, there was a marked increase in the number of emergency department visits involving energy drinks. It is notable that visits involving energy drinks alone often caused adverse reactions, suggesting that energy drink consumption by itself can result in negative health events serious enough to require emergency care.

Although there are no recommended or “safe” levels that have been experimentally established for caffeine, most researchers and clinicians consider 100 to 200 mg of caffeine per day to be moderate intake for an adult. Pediatricians recommend that children and adolescents abstain from all stimulant-containing energy drinks.

Excessive caffeine intake from energy drinks can cause arrhythmias, hypertension, and dehydration, in addition to sleeplessness and nervousness. Additional risks and other medical complications can arise depending on the individual’s overall health status (e.g., cardiac conditions, eating disorders, diabetes, anxiety disorders) and other drugs or medications he/she may be taking (e.g., medications for attention deficit disorder). Use over time can cause dependence and withdrawal symptoms. Risky behavior such as drinking and driving can also be facilitated by mixing energy drinks with other substances such as alcohol; a study of college students found that more than half of them mixed energy drinks with alcohol.

Finally, given the finding that one in six visits involved energy drinks in combination with alcohol, public health awareness campaigns could also help dispel the misguided belief that energy drinks can offset or eliminate the effects of alcohol intoxication.

- Taken from The DAWN Report, a publication of the Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration (SAMHSA).

## Teen Drug Use

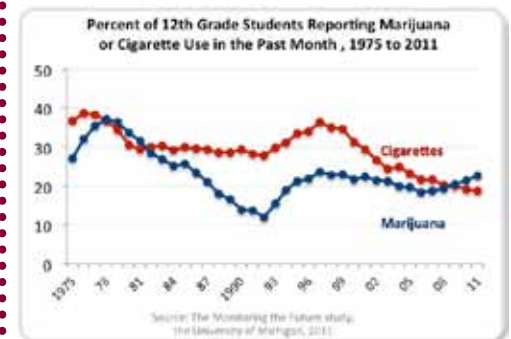
### The National Institute on Drug Abuse Releases New Data

In December 2011, NIDA released the 2011 Monitoring the Future Study, and it seems that more teens are making better decisions when it comes to smoking and alcohol use, but not so much when it comes to using marijuana and abusing prescription drugs.

#### Cigarette and Alcohol Use at Historic Low

Teen smoking has declined in all three grades included in the study—grades 8, 10, and 12. Still, almost 19 percent of 12th graders reported current (past-month) cigarette use.

Likewise, among nearly all grades, trends over the past 5 years showed significant decreases in alcohol use—including first-time use, occasional use, daily use, and binge drinking. As with smoking, this decline may be the result of more teens understanding the risk of drinking alcohol and disapproving of this behavior.



#### Marijuana Use Continues To Rise

Unlike cigarettes and alcohol, marijuana use is increasing. Among 12th graders, 36.4 percent reported using marijuana at least once in the past year, up from 31.5 percent 5 years ago. This accompanies a decrease in the number of 12th graders who perceive that smoking marijuana is harmful. For example, only 22.7 percent of high school seniors saw great risk in smoking marijuana occasionally, compared to 25.9 percent 5 years ago.

#### Prescription Drug Abuse Remains Steady

Prescription drug abuse hasn’t changed much since 2010. Abuse of the opioid painkiller Vicodin and the nonmedical use of Adderall and Ritalin, stimulants meant to treat ADHD, remained about the same as last year. Also, the abuse of the opioid painkiller OxyContin remained steady for the past 5 years across all 3 grades surveyed.

-Taken from <http://teens.drugabuse.gov>



# Social Networking:

## Safety Tips for Tweens and Teens

You've probably learned a long list of important safety and privacy lessons already: Look both ways before crossing the street; buckle up; hide your diary where your nosy brother can't find it; don't talk to strangers.

The Federal Trade Commission, the nation's consumer protection agency, is urging kids to add one more lesson to the list: Don't post information about yourself online that you don't want the whole world to know. The Internet is the world's biggest information exchange: many more people could see your information than you intend, including your parents, your teachers, your employer, the police — and strangers, some of whom could be dangerous.



Social networking sites have added a new factor to the "friends of friends" equation. By providing information about yourself and using blogs, chat rooms, email, or instant messaging, you can communicate, either within a limited community, or with the world at large. But while the sites can increase your circle of friends, they also can increase your exposure to people who have less-than-friendly intentions. You've heard the stories about people who were stalked by someone they met online, had their identity stolen, or had their computer hacked.

The FTC suggests these tips for socializing safely online:

- Think about how different sites work before deciding to join a site. Some sites will allow only a defined community of users to access posted content; others allow anyone and everyone to view postings.
- Think about keeping some control over the information you post. Consider restricting access to your page to a select group of people, for example, your friends from school, your club, your team, your community groups, or your family.

- Keep your information to yourself. Don't post your full name, Social Security number, address, phone number, or bank and credit card account numbers — and don't post other people's information, either. Be cautious about posting information that could be used to identify you or locate you offline. This could include the name of your school, sports team, clubs, and where you work or hang out.



- Make sure your screen name doesn't say too much about you. Don't use your name, your age, or your hometown. Even if you think your screen name makes you anonymous, it doesn't take a genius to combine clues to figure out who you are and where you can be found.
- Post only information that you are comfortable with others seeing — and knowing — about you. Many people can see your page, including your parents, your teachers, the police, the college you might want to apply to next year, or the job you might want to apply for in five years.
- Remember that once you post information online, you can't take it back. Even if you delete the information from a site, older versions exist on other people's computers.
- Consider not posting your photo. It can be altered and broadcast in ways you may not be happy about. If you do post one, ask yourself whether it's one your mom would display in the living room.
- Flirting with strangers online could have serious consequences. Because some people lie about who they really are, you never really know who you're dealing with.
- Be wary if a new online friend wants to meet you in person. Before you decide to meet someone, do your research: Ask whether any of your friends know the person, and see what background you can dig up through online search engines. If you decide to meet them, be smart about it: Meet in a public place, during the day, with friends you trust. Tell an adult or a responsible sibling where you're going, and when you expect to be back.
- Trust your gut if you have suspicions. If you feel threatened by someone or uncomfortable because of something online, tell an adult you trust and report it to the police and the social networking site. You could end up preventing someone else from becoming a victim.

Taken from the Federal Trade Commission website: [www.ftc.gov](http://www.ftc.gov)

## Electronic Flight Bags Could Boost Operational Safety

**SCOTT AIR FORCE BASE, ILL. (AFNS)** -- Improved safety, operational effectiveness and efficiency are just a few reasons Air Mobility Command officials are looking into using tablet devices such as electronic flight bags for aircrew members reference materials in the cockpit during in-flight emergencies. "Moving from a paper-based to an electronically-based flight publication system will not only enhance operational effectiveness, it can also save the Department of Defense time and money," said Maj. Gen. Rick Martin, the AMC Director of Operations.



*Capt. Brett Pierson refers to a computer tablet during preflight checks aboard a KC-135 Stratotanker aircraft bound for a refueling mission May 8, 2011, in Afghanistan. Pierson is a pilot with the 340th Expeditionary Air Refueling Squadron. (U.S. Air Force photo / Master Sgt. William Greer)*

Officials anticipate a final decision on the EFB initiative by early spring with the goal of using the devices across the total force mobility fleet. "Electronic flight bags are becoming an industry standard due to their operational, environmental and cost savings benefits," Martin said.

According to Maj. Pete Birchenough, who heads AMC's EFB test, the Mobility Air Forces fleet's required flying charts are updated every 28 days. "This equates to approximately 70 pounds of paper per aircraft each month that must be meticulously sorted, accounted for, and updated," Birchenough said. "Accomplishing this one publication at a time requires considerable manpower and detracts from higher-priority tasks." Additionally, each crew member's flight bag contains required technical orders, flight manuals and regulations and various other flight-related materials that add weight -- burning fuel on each mission. With air mobility's rigorous operations tempo, the elimination of 70 pounds of paper on each mission over time could add up to serious fuel savings.

"With limited space in the cockpit and the amount of paper that each crew has to manage, it can quickly become controlled chaos," Birchenough said. "An electronic flight bag could solve this issue by putting all information in one place to be recalled and updated almost immediately."

"This is not a new initiative," Martin said. "(Air Mobility Command) has been looking at tablet and mobile devices for several years as possible tools for increasing mission productivity, decreasing office automation costs and achieving other potential benefits such as portability and flexibility," Martin said.

—by Capt. Kathleen Ferrero  
Air Mobility Command Public Affairs